

## **EXHIBIT 1**

"MORE FOR YOUR DOLLAR"

**MARKET BASKET®**

*All Natural, Freshly Frozen*

*Tilapia*



Net Wt. 16-oz. 454g

BEST BY  
AUG 2011



# Baked Almond Tilapia

- 1 medium onion (sliced) ▪ 1 bay leaf ▪ 4 Tilapia fillets ▪ 1/4 tsp. salt
- dash of pepper ▪ pinch of thyme ▪ 1/4 c. blanched almonds (slivered)
- 1 tbs. oil ▪ 1 small onion (grated) ▪ 1 tsp. grated lemon rind
- 1 tbs. minced parsley ▪ 1 tbs. white wine ▪ 1 chicken bouillon cube

Place onion slices and bay leaf in shallow baking dish. Season fillets with salt, pepper and thyme; place on top of onion slices. In a small skillet, brown almond slivers lightly in oil. Add onion, lemon rind, parsley and wine. Dissolve bouillon cube in 1/4 cup boiling water and add to sauce. Blend thoroughly and pour over fish. Bake in 350° oven for 30 minutes. Makes 4 servings.

## Suggested Thawing and Cooking Instructions:

### To Thaw:

Place fillets on plate and cover with plastic wrap. Place in refrigerator 3-4 hours before use. Or thaw fillets in microwave on the defrost cycle.

### To Bake:

Preheat oven to 400° F. Place fillets on a greased baking dish. Brush with melted butter or oil and season to taste. Bake for approximately 20 minutes at 400° F depending on thickness.

### To Broil:

Pre-heat broiler. Place fillets on greased broiler rack and brush with melted butter or oil and season to taste. Broil 4 inches from heat, 6 minutes per side depending on thickness.

### To Pan Fry:

Dip thawed fillets in seasoned flour. Fry in 4 tablespoons of oil in a heavy skillet over medium heat until golden brown on each side, for about 3-5 minutes per side.

### To Microwave:

Place seasoned fillets in a microwave safe dish and brush with butter or oil and cover. Cook on high for 5-6 minutes depending on thickness. Rotate half way through cooking time. Let stand 2 minutes.

NOTE: Fillets are done when easily flaked with a fork.

## Nutrition Facts

Serving size: 6 oz. (169.8g)

Servings per container: 4

Amount Per Serving

Calories: 98 Calories from Fat: 9

		% Daily Value*
<b>Total Fat:</b>	1g	2%
Saturated Fat:	0.5g	3%
<b>Cholesterol:</b>	55mg	18%
<b>Sodium:</b>	40mg	2%
<b>Total Carbohydrate:</b>	0g	0%
Dietary fiber	0g	0%
Sugars:	0g	0%
<b>Protein:</b>	21g	

Vitamin A: \*      Vitamin C: \*

Calcium: 1%      Iron: 2%

\*Contains less than 2 percent of the daily value of the nutrient \*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat: 9 • Carbohydrate: 4 • Protein: 4

Perishable

Keep Frozen

Do Not Refreeze  
After Thawing



Farm Raised

Product of China



### Ingredients:

Tilapia Fillets



Packed for Market Basket  
Tewksbury, MA



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**MARKET BASKET®**

*Wild Caught, All Natural,  
Freshly Frozen*

*Flounder*



Net Wt. 16-oz. 454g



# New Bedford Flounder Roll-Ups

- 4 lbs. flounder fillets
- 1 bud garlic
- 12 slices bacon
- 8 cups instant mashed potatoes

Defrost frozen fillets. Rinse and dry. Split fillets into serving pieces. Wrap bacon around fillet and skewer. Place in au gratin dish 2/3 of a cup of mashed potatoes. Top with fillet and broil until bacon and fillet are brown. Turn 2 or more times while broiling, about 10 minutes.

## Suggested Thawing and Cooking Instructions:

### To Thaw:

Place fillets on plate and cover with plastic wrap. Place in refrigerator 3-4 hours before use. Or thaw fillets in microwave on the defrost cycle.

### To Bake:

Preheat oven to 400° F. Place fillets on a greased baking dish. Brush with melted butter or oil and season to taste. Bake for approximately 20 minutes at 400° F depending on thickness.

### To Broil:

Pre-heat broiler. Place fillets on greased broiler rack and brush with melted butter or oil and season to taste. Broil 4 inches from heat, 6 minutes per side depending on thickness.

### To Pan Fry:

Dip thawed fillets in seasoned flour. Fry in 4 tablespoons of oil in a heavy skillet over medium heat until golden brown on each side, for about 3-5 minutes per side.

### To Microwave:

Place seasoned fillets in a microwave safe dish and brush with butter or oil and cover. Cook on high for 5-6 minutes depending on thickness. Rotate half way through cooking time. Let stand 2 minutes.

NOTE: Fillets are done when easily flaked with a fork.



**Ingredients:**  
Flounder Fillets



## Nutrition Facts

Serving size 4 oz. Raw (112g/about 2 filets)		
Servings per container: 4		
Amount Per Serving		
Calories: 160 Calories from Fat: 50		
% Daily Value*		
Total Fat:	5g	8%
Saturated Fat:	0g	0%
Cholesterol:	50mg	17%
Sodium:	40mg	2%
Total Carbohydrate:	0g	0%
Dietary fiber	0g	0%
Sugars:	0g	0%
Protein:	25g	
Vitamin A: 2%	Vitamin C: 4%	
Calcium: 2%	Iron: 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat. Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat: 9 • Carbohydrate: 4 • Protein: 4		

**Perishable**

**Keep Frozen**

**Do Not Refreeze After Thawing**

*Product of the USA*

Processed in China.

Packed for Market Basket.  
Tewksbury, MA



"MORE FOR YOUR DOLLAR"

**MARKET BASKET®**

*Wild Caught, All Natural,  
Freshly Frozen*

*Haddock*



Net Wt. 16 oz. 454g



# Deep Fried Haddock Portions

- 12 frozen raw Haddock fillets (2 1/2 to 3 ounces each)
- Flour ▪ 2 eggs ▪ 1/4 cup milk ▪ bread crumbs ▪ fat for frying
- tartar sauce

Whisk eggs & milk together until smooth. Coat fish fillets with flour. Dip in egg & milk mixture. Coat with bread crumbs. Place in a single layer in a fry basket. Deep fry in oil, 350° F, for 3 to 5 minutes or until fish are brown and flake easily when tested with a fork. Drain on absorbent paper. Serve with a tartar sauce. Makes 6 servings.

## Suggested Thawing and Cooking Instructions:

### To Thaw:

Place fillets on plate and cover with plastic wrap. Place in refrigerator 3-4 hours before use. Or thaw fillets in microwave on the defrost cycle.

### To Bake:

Preheat oven to 400° F. Place fillets on a greased baking dish. Brush with melted butter or oil and season to taste. Bake for approximately 20 minutes at 400° F depending on thickness.

### To Broil:

Pre-heat broiler. Place fillets on greased broiler rack and brush with melted butter or oil and season to taste.

Broil 4 inches from heat, 6 minutes per side depending on thickness.

### To Pan Fry:

Dip thawed fillets in seasoned flour. Fry in 4 tablespoons of oil in a heavy skillet over medium heat until golden brown on each side, for about 3-5 minutes per side.

### To Microwave:

Place seasoned fillets in a microwave safe dish and brush with butter or oil and cover. Cook on high for 5-6 minutes depending on thickness. Rotate half way through cooking time. Let stand 2 minutes.

NOTE: Fillets are done when easily flaked with a fork.

## Nutrition Facts

Serving size: 4 oz. Raw (112g)  
Servings per container: 4

Amount Per Serving

Calories: 100 Calories from Fat: 5

% Daily Value\*

Total Fat: 1g 2%

Saturated Fat: 0g 0%

Cholesterol: 80mg 27%

Sodium: 85mg 4%

Total Carbohydrate: 0g 0%

Dietary fiber 0g 0%

Sugars: 0g 0%

Protein: 21g

Vitamin A: \* Vitamin C: \*

Calcium: 2% Iron: 4%

\* Contains less than 2 percent of the daily value of this nutrient. \* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less than 65g 80g

Sat. Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram.

Fat: 9 • Carbohydrate: 4 • Protein: 4

Perishable

Keep Frozen

Do Not Refreeze  
After Thawing



### Ingredients:

Haddock Fillets



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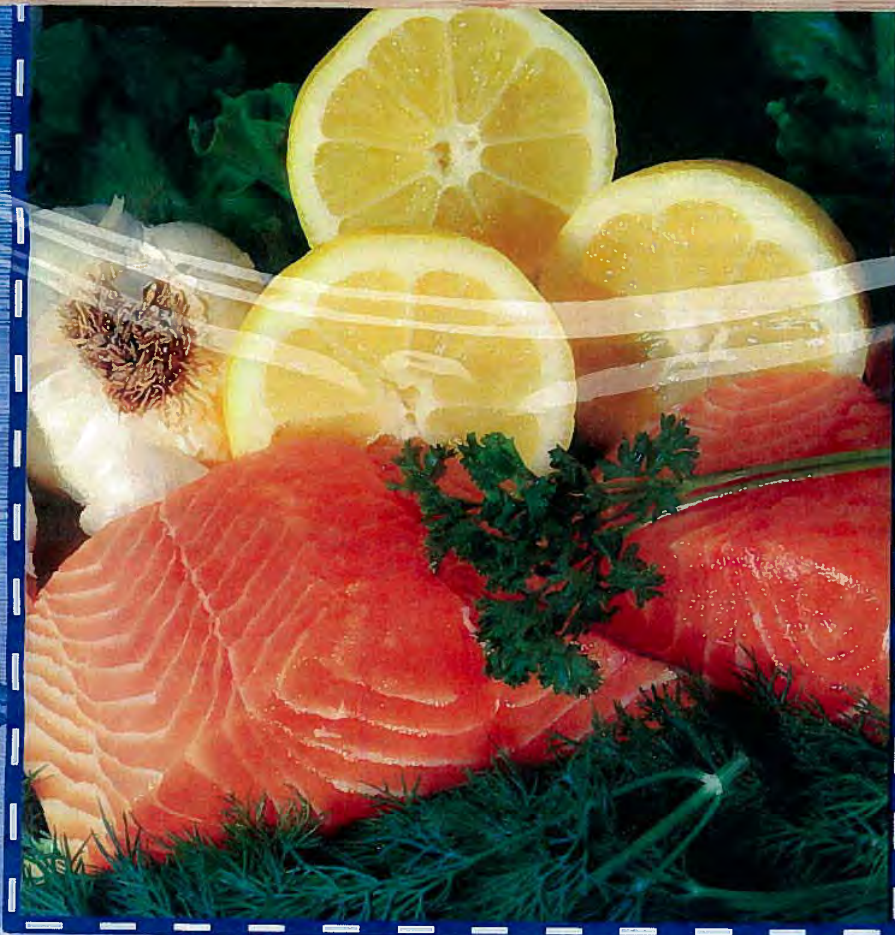


"MORE FOR YOUR DOLLAR"

**MARKET BASKET®**

*All Natural, Freshly Frozen*

*Salmon*



Net Wt. 16 oz. 454g



# Salmon Croquettes

- 4tbs. butter or margarine ▪ 5 tbs. flour ▪ 1/2 tsp. salt ▪ 1 c. milk
- 2 c. salmon (flaked) ▪ 1 tsp. lemon juice ▪ 1/2 tsp. onion juice
- dash of pepper ▪ 1 egg (slightly beaten) ▪ 1 tbs. water
- 1/2 c. bread crumbs ▪ shortening

Melt butter. Add flour and salt and blend. Stir in milk and cook, stirring constantly until thickened. Remove from heat. Add salmon, lemon juice, onion juice and pepper. Blend well. Spread mixture in shallow pan and chill until stiff. Shape into cylinders; roll in crumbs; then combine egg and water; then roll in crumbs again. Fry in deep hot oil (375°) until browned. Makes 4 servings.

## Suggested Thawing and Cooking Instructions:

### To Thaw:

Place fillets on plate and cover with plastic wrap. Place in refrigerator 3-4 hours before use. Or thaw fillets in microwave on the defrost cycle.

### To Bake:

Preheat oven to 400° F. Place fillets on a greased baking dish. Brush with melted butter or oil and season to taste. Bake for approximately 20 minutes at 400° F depending on thickness.

### To Broil:

Pre-heat broiler. Place fillets on greased broiler rack and brush with melted butter or oil and season to taste. Broil 4 inches from heat, 6 minutes per side depending on thickness.

### To Pan Fry:

Dip thawed fillets in seasoned flour. Fry in 4 tablespoons of oil in a heavy skillet over medium heat until golden brown on each side, for about 3-5 minutes per side.

### To Microwave:

Place seasoned fillets in a microwave safe dish and brush with butter or oil and cover. Cook on high for 5-6 minutes depending on thickness. Rotate half way through cooking time. Let stand 2 minutes.

NOTE: Fillets are done when easily flaked with a fork.



### Ingredients:

Salmon Fillets



## Nutrition Facts

Serving size: 4 oz. (110g)  
 Servings per container: 4  
 Amount Per Serving  
**Calories: 133** **Calories from Fat: 45**

		% Daily Value*
<b>Total Fat:</b>	5g	8%
Saturated Fat:	1g	5%
<b>Cholesterol:</b>	55mg	18%
<b>Sodium:</b>	80mg	3%
<b>Total Carbohydrate:</b>	0g	0%
Dietary fiber	0g	0%
Sugars:	0g	0%
<b>Protein:</b>	22g	

Vitamin A: 0% ▪ Vitamin C: 0%  
 Calcium: 4% ▪ Iron: 6%

\*Contains less than 2 percent of the daily value of this nutrient. Percent daily values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat: 9 ▪ Carbohydrate: 4 ▪ Protein: 4

**Perishable**

**Keep Frozen**

**Do Not Refreeze After Thawing**

- ☐ Farm Raised
- ☐ Wild Caught

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"MORE FOR YOUR DOLLAR"

**MARKET BASKET®**

*Wild Caught, All Natural,  
Freshly Frozen*

*Cod*



Net Wt. 16 oz. 454g



# Cod Cutlets

- 1 pound of cod fillets (cooked & flaked)
- 1 egg (beaten) ▪ 1/2 c. milk ▪ 1/2 tsp. salt ▪ 2 tbs. pickle relish
- 1 c. fine bread crumbs (divided) ▪ 1/4 c. fat

Blend together cod, egg, milk, salt, relish and 3/4 cup of the bread crumbs. Shape into cutlets; dredge with remaining crumbs. Fry in hot oil until golden brown. Serve with desired sauce. Makes 4 to 6 servings.

## Suggested Thawing and Cooking Instructions:

### To Thaw:

Place fillets on plate and cover with plastic wrap. Place in refrigerator 3-4 hours before use. Or thaw fillets in microwave on the defrost cycle.

### To Bake:

Preheat oven to 400° F. Place fillets on a greased baking dish. Brush with melted butter or oil and season to taste. Bake for approximately 20 minutes at 400° F depending on thickness.

### To Broil:

Pre-heat broiler. Place fillets on greased broiler rack and brush with melted butter or oil and season to taste. Broil 4 inches from heat, 6 minutes per side depending on thickness.

### To Pan Fry:

Dip thawed fillets in seasoned flour. Fry in 4 tablespoons of oil in a heavy skillet over medium heat until golden brown on each side, for about 3-5 minutes per side.

### To Microwave:

Place seasoned fillets in a microwave safe dish and brush with butter or oil and cover. Cook on high for 5-6 minutes depending on thickness. Rotate half way through cooking time. Let stand 2 minutes.

NOTE: Fillets are done when easily flaked with a fork.

## Nutrition Facts

Serving size: 4 oz. Raw (112g)  
Servings per container: 4

Amount Per Serving

Calories: 90 Calories from Fat: 5

% Daily Value\*

Total Fat: 1g 2%

Saturated Fat: 0g 0%

Cholesterol: 50mg 17%

Sodium: 70mg 3%

Total Carbohydrate: 0g 0%

Dietary fiber 0g 0%

Sugars: 0g 0%

Protein: 20g

Vitamin A: \* Vitamin C: \*

Calcium: \* Iron: 2%

\* Contains less than 2 percent of the daily value of this nutrient. \*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less than 65g 80g

Sat. Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat: 9 • Carbohydrate: 4 • Protein: 4

Perishable

Keep Frozen

Do Not Refreeze  
After Thawing



### Ingredients:

Cod Fillets



Product of



USA



Russia

Processed in China

Packed for Market Basket  
Tewksbury, MA

SELL BY JAN 2011



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**MARKET BASKET®**

*Wild Caught, All Natural,  
Freshly Frozen*

**Pollock**



Net Wt. 16 oz. 454g

BEST BY  
DEC 2011



# Oven Fried Pollock

- 2 lbs. pollock fillets ▪ 1 tbs. salt ▪ 1 c. milk
- 1 c. bread crumbs
- 4 tbs. butter or margarine

Preheat oven to 500°. Cut fillets into serving size portions. Add the salt to milk and mix. Dip fish in milk and roll in bread crumbs. Place in well greased baking pan and pour melted butter or margarine over fish. Place pan on top shelf of hot oven and bake 10 - 12 minutes or until fish flakes easily. Serve immediately on hot platter, plain, or with sauce of your choice.

## Suggested Thawing and Cooking Instructions:

### To Thaw:

Place fillets on plate and cover with plastic wrap. Place in refrigerator 3-4 hours before use. Or thaw fillets in microwave on the defrost cycle.

### To Bake:

Preheat oven to 400° F. Place fillets on a greased baking dish. Brush with melted butter or oil and season to taste. Bake for approximately 20 minutes at 400° F depending on thickness.

### To Broil:

Pre-heat broiler. Place fillets on greased broiler rack and brush with melted butter or oil and season to taste. Broil 4 inches from heat, 6 minutes per side depending on thickness.

### To Pan Fry:

Dip thawed fillets in seasoned flour. Fry in 4 tablespoons of oil in a heavy skillet over medium heat until golden brown on each side, for about 3-5 minutes per side.

### To Microwave:

Place seasoned fillets in a microwave safe dish and brush with butter or oil and cover. Cook on high for 5-6 minutes depending on thickness. Rotate half way through cooking time. Let stand 2 minutes.

NOTE: Fillets are done when easily flaked with a fork.



### Ingredients:

Pollock Fillets



Packed for Market Basket.  
Tewksbury, MA

## Nutrition Facts

Serving size: 4 oz. raw  
(Approx. 2/3 of fillet)  
Servings per container: 4  
Amount Per Serving  
Calories: 90 Calories from Fat: 10

		% Daily Value**
<b>Total Fat:</b>	1g	2%
Saturated Fat:	0g	0%
<b>Cholesterol:</b>	80mg	27%
<b>Sodium:</b>	110mg	5%
<b>Total Carbohydrate:</b>	0g	0%
Dietary fiber	0g	0%
Sugars:	0g	0%
<b>Protein:</b>	20g	

Vitamin A: \*      Vitamin C: \*  
Calcium: \*      Iron: 2%

\*Contains less than 2 percent of the daily value of this nutrient. \*\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:  
Fat: 9 • Carbohydrate: 4 • Protein: 4

Perishable

Keep Frozen

Do Not Refreeze  
After Thawing

Product of the USA

Processed in China.



"MORE FOR YOUR DOLLAR"

***MARKET BASKET***®

*All Natural, Freshly Frozen*

***Bay Scallops***

Net Wt. 12 oz. 3/4 lb.



# Bay Scallops Provencal

- 1 - 1/2 lbs. bay scallops
- seasoned flour
- 6 tbs. olive or salad oil
- 1 or 2 garlic cloves (minced)
- salt & pepper to taste ▪ 1/2 c. chopped parsley

Defrost scallops; dust with seasoned flour. Heat oil; add scallops and garlic; cook quickly, tossing to brown evenly. Add salt and pepper to taste. Remove from heat; add parsley; toss to coat scallops evenly. Makes 4 servings.

## Suggested Thawing and Cooking Instructions:

### To Thaw:

Place scallops on plate and cover with plastic wrap. Place in refrigerator 3-4 hours before use. Or thaw scallops in microwave on the defrost cycle

### To Bake:

Preheat oven to 400° F. Place scallops on a greased baking dish. Brush with melted butter or oil and season to taste. Bake for approximately 20 minutes at 400° F depending on thickness.

### To Broil:

Pre-heat broiler. Place scallops on greased broiler rack and brush with melted butter or oil and season to taste. Broil 4 inches from heat, 6 minutes per side depending on thickness.

### To Pan Fry:

Dip thawed scallops in seasoned flour. Fry in 4 tablespoons of oil in a heavy skillet over medium heat until golden brown on each side, for about 3-5 minutes per side.

### To Microwave:

Place seasoned scallops in a microwave safe dish and brush with butter or oil and cover. Cook on high for 5-6 minutes depending on thickness. Rotate half way through cooking time. Let stand 2 minutes.

## Nutrition Facts

Serving size: 4 oz. Raw (112g)  
Servings per bag: 3

Amount Per Serving

Calories: 91 Calories from Fat: 7

		% Daily Value*
Total Fat:	1g	2%
Saturated Fat:	1g	2%
Trans Fat:	0g	0%
Cholesterol:	37mg	12%
Sodium:	182mg	8%
Total Carbohydrate:	2g	1%
Dietary fiber:	0g	0%
Sugars:	0g	0%
Protein:	17g	

Vitamin A: 0% • Vitamin C: 6%  
Calcium: 2% • Iron: 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat: 9 • Carbohydrate: 4 • Protein: 4

Perishable

Keep Frozen

Do Not Refreeze  
After Thawing



### Ingredients:

Bay Scallops



Ocean Farm Raised  
Product of China

Packed for Market Basket.  
Tewksbury, MA



"MORE FOR YOUR DOLLAR"

***MARKET BASKET***®

*Wild Caught, All Natural,  
Freshly Frozen*

*Sea Scallops*

Net Wt. 12 oz. 3/4 lb.



# Broiled Sea Scallops

- 2 lbs. sea scallops
- 1 c. milk
- dry bread crumbs
- 2 tbs. butter

Dip scallops in milk and roll in bread crumbs. Place one layer deep in a greased shallow pan, dot with butter and broil 2 inches from source of heat 3 minutes, or until browned, turning frequently. Serve with melted butter and lemon wedges. Makes 6 servings.

## Suggested Thawing and Cooking Instructions:

### To Thaw:

Place scallops on plate and cover with plastic wrap. Place in refrigerator 3-4 hours before use. Or thaw scallops in microwave on the defrost cycle.

### To Bake:

Preheat oven to 400° F. Place scallops on a greased baking dish. Brush with melted butter or oil and season to taste. Bake for approximately 20 minutes at 400° F depending on thickness.

### To Broil:

Pre-heat broiler. Place scallops on greased broiler rack and brush with melted butter or oil and season to taste. Broil 4 inches from heat, 6 minutes per side depending on thickness.

### To Pan Fry:

Dip thawed scallops in seasoned flour. Fry in 4 tablespoons of oil in a heavy skillet over medium heat until golden brown on each side, for about 3-5 minutes per side.

### To Microwave:

Place seasoned scallops in a microwave safe dish and brush with butter or oil and cover. Cook on high for 5-6 minutes depending on thickness. Rotate half way through cooking time. Let stand 2 minutes.

## Nutrition Facts

Serving size: 4 oz. Raw (112g)  
Servings per bag: 3

Amount Per Serving

Calories: 99 Calories from Fat: 9

		% Daily Value*
<b>Total Fat:</b>	1g	2%
Saturated Fat:	1g	2%
Trans Fat:	0g	0%
<b>Cholesterol:</b>	41mg	14%
<b>Sodium:</b>	99mg	4%
<b>Total Carbohydrate:</b>	1g	0%
Dietary fiber:	0g	0%
Sugars:	0g	0%
<b>Protein:</b>	19g	

Vitamin A: 0% • Vitamin C: 2%  
Calcium: 2% • Iron: 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat: 9 • Carbohydrate: 4 • Protein: 4

Perishable

Keep Frozen

Do Not Refreeze  
After Thawing



### Ingredients:

Sea Scallops



Product of ☐ USA  
☐ Canada

Packed for Market Basket.  
Tewksbury, MA